

DINNERLY



Teriyaki Chicken Sushi Bowl

with Red Cabbage and Cucumber



25 minutes



2 Servings

Golden teriyaki chicken, tangy cucumber and cabbage salad, plus sesame-flecked rice: it's everything you love about sushi in one bursting bowl!

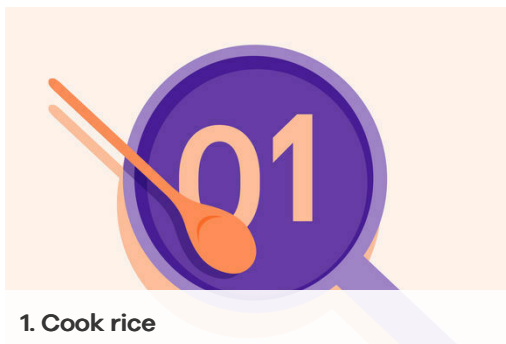
- 150g Japanese rice
- 150g red cabbage
- 1 Lebanese cucumber
- free-range chicken thigh fillets
- 50ml teriyaki sauce ^{1,6,17}
- 5g toasted sesame seeds ¹¹

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs white vinegar
- 2 tsp sugar

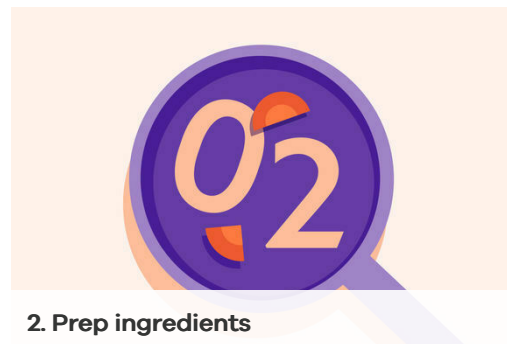
- small saucepan with lid
- mandoline (optional)
- medium frypan

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Energy 630kcal, Fat 19.2g, Carbs 71.8g,
Proteins 37.1g



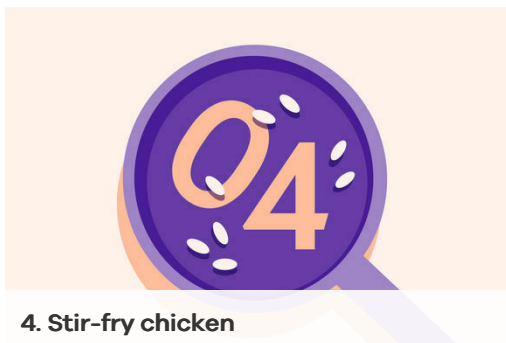
Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



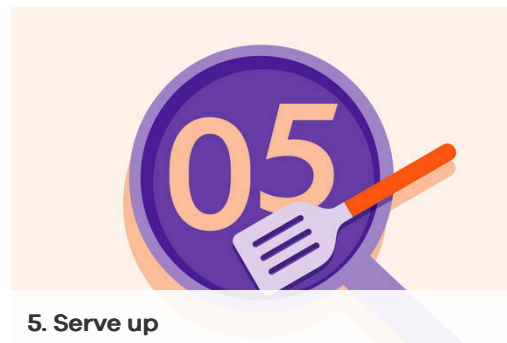
Meanwhile, thinly slice the **cabbage** with a sharp knife or mandoline (see Kitchen 101). Halve the **cucumber** lengthwise, then thinly slice on an angle. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**. Put the chicken, garlic and **half the teriyaki sauce** in a bowl, season with **salt and pepper** and toss to coat.



Meanwhile, combine **2 tsp vegetable oil**, **1 tbs white vinegar** and **2 tsp sugar** in a bowl and season with **salt and pepper**. Add the **cabbage** and **cucumber** and toss to combine.



Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Stir-fry the **chicken** for 3-4 mins until cooked through. Add the **remaining teriyaki sauce** and bring to the boil. Remove the pan from the heat.



Stir **half the sesame seeds** into the rice. Divide the **sesame rice, chicken** and **salad** among bowls. Scatter over the **remaining sesame seeds** and enjoy!



Get super-thin cabbage with a mandoline or use slow, fine strokes with a large sharp knife. The result is perfect for salad – light, crisp and easy to eat.



**Packed in Australia
from at least 70%
Australian ingredient.**